



Royal Society for Blind Children

Connecting Families Group

RSBC Families First are pleased to launch a NEW platform for parents of visually impaired children and young people aged 0-25

Join our online community for a series of virtual workshops to empower each other through psychoeducation and peer support by sharing wisdom, exchanging parental tips, experience and seeking advice. No question is too big or too small, or too embarrassing to talk about.

We invite parents of visually impaired children and young people aged 0-25 to discuss topics such as:

COVID-19

Parenting in the pandemic and beyond

Worried about what impact the pandemic has on the wellbeing of your family?

Parenting during a pandemic is hard. Parenting a child with special needs during these stressful times often feels impossible. Our online group is for anyone who is raising a child who has a visual impairment and additional special needs.

Emotional Wellbeing

Wondering how you can better support your child's mental health and emotional wellbeing at home and at school?

We offer a space to discuss and get help with

- Anxiety
- Body image
- Friendships
- Loneliness
- Stress

Healthy diet and sleep

Find support and encouragement to tackle sleep and eating issues

We offer a space to discuss, share your experiences and get expert advice with:

- Tips for fussy eaters
- Infant and toddler diets
- Foster healthy relationship with food
- Sleep hygiene

Behaviour and learning

Find support and advice for supporting your child's development and behaviour

We offer a space to discuss, share your experiences and get expert advice with:

- Tips for responding to challenging behaviour
- Active listening skills for parents
- Gaming and social media
- Online safety